

Avocado Chicken Scramble

A delicious and nutritious scramble featuring creamy avocado, tender chicken, and vibrant carrots, perfect for a healthy breakfast or brunch option.



15 min

Total time

easy

Difficulty

450

kcal / serving

Nutrition per serving (estimated)

Protein 35 g

Carbs 16 g

Fat 28 g

Fiber 7 g · Sugar 3 g · Sodium 420 mg

Ingredients

- 1 ripe avocado
- 1 small carrot, grated
- 2 large eggs
- 100g cooked chicken breast, shredded
- Salt and pepper to taste
- Olive oil for cooking
- Chopped cilantro for garnish (optional)

Substitutions

Chicken breast – An equal amount of cooked turkey breast, shredded

Carrot – An equal amount of grated zucchini, squeezed dry

Cilantro – Chopped flat-leaf parsley

Steps

- 1 In a bowl, mash the ripe avocado with a fork until smooth.
- 2 In a non-stick skillet, heat a drizzle of olive oil over medium heat.
- 3 Add the grated carrot and sauté for 2-3 minutes until softened.
- 4 Add the shredded chicken to the skillet and cook for an additional 2 minutes.
- 5 In a separate bowl, whisk the eggs and season with salt and pepper.
- 6 Pour the eggs into the skillet with the chicken and carrots, stirring gently to scramble.
- 7 Once the eggs are cooked to your liking, remove from heat and fold in the mashed avocado.
- 8 Serve hot, garnished with chopped cilantro if desired.

Chef's tips

- Look for softly set eggs with a slight sheen; overcooking can make the curds dry and firm.
- Fold in the avocado off the heat to keep it creamy rather than letting it break down into the scramble.
- A non-stick skillet and flexible spatula make it easier to form tender curds without sticking.

Drink pairing

A crisp, dry sparkling wine

Its lively acidity and bubbles balance the creamy avocado and complement the savory chicken and eggs.

0% option: Sparkling water with a squeeze of lime

Storage

Refrigerate leftovers within 2 hours in a sealed container and use within 3–4 days. Reheat until steaming hot; the avocado may darken and soften.

Frequently asked questions

How can I tell when the eggs are done?

They should form soft, moist curds with no visibly runny egg; they will continue to firm slightly after leaving the skillet.

Can I prepare this ahead?

For the best texture, cook it just before serving. You can shred the cooked chicken and grate the carrot ahead, then refrigerate them until needed.

What should I serve with it?

Serve with toast or warm tortillas, or add fresh fruit on the side for a simple brunch.